

Resilience, happiness focus of April 10 HCC class

HOLYOKE – Holyoke Community College is partnering with Pam Victor, president and founder of Happier Valley Comedy, to offer “Establishing Resilience: Building Happiness,” a 2-½ hour Zoom workshop on Sat., April 10, from 11 a.m. to 1:30 p.m.

Victor, a comedian and im-

prov facilitator who prefers the title “head of happiness,” will lead participants on an experiential exploration of happiness and resilience building to enhance their joy and ease at work and home. She will share stress-relieving exercises and techniques to help people bring more well-being,

laughter, gratitude, and play into their daily lives.

“Finding more joy in 2021 is a priority for me,” said Michele Cabral, HCC executive director of Business, Corporate and Professional Development. “As a participant in Pam’s 30-day ‘Happiness Experiment,’ I

can tell you without doubt that this class is for everyone. In this single session, participants will get an introduction into the full program while Pam shares many useful tips and resources to help people get an uplifting start to the new year.”

According to its website,

happiervalley.com, Happier Valley Comedy, based in Hadley, is Western Mass’s first and only comedy theater and training program:

The cost of the April 10 class is \$99.

To register, go to: hcc.edu/happiness
